

# Green Ridge Recreation Center

## Group Exercise Schedule

### Studio A

| TIME     | SUN     | MON            | TUE                | WED                      | THU                | FRI            | SAT                      |
|----------|---------|----------------|--------------------|--------------------------|--------------------|----------------|--------------------------|
| 5:45 AM  |         |                | Cycle ★            |                          | Cardio Combo ★     |                |                          |
| 6:30 AM  |         |                |                    |                          |                    |                |                          |
| 8:00 AM  |         |                |                    |                          |                    |                |                          |
| 8:30 AM  |         |                |                    |                          |                    |                | Pilates / ★<br>Body Flow |
| 9:00 AM  |         |                |                    |                          |                    |                |                          |
| 9:30 AM  |         | Boot Camp ★    |                    | Body Pump ★              |                    | Cycle ★        | Cardio Combo ★           |
| 10:00 AM |         |                |                    |                          |                    |                |                          |
| 10:30 AM |         | Cardio Combo ★ | Power Sculpt ★     | Pilates / ★<br>Body Flow | Power Sculpt ★     | Body Pump ★    | Abs, Abs, ★<br>Abs       |
| 11:00 AM |         |                |                    |                          |                    |                |                          |
| 11:30 AM |         |                |                    |                          |                    |                |                          |
| 12:15 PM |         | Cycle ★        |                    | Cardio Combo ★           |                    | Cardio Combo ★ |                          |
| 1:00 PM  | Cycle ★ |                |                    |                          |                    |                |                          |
| 4:00 PM  |         |                |                    | Jazzercise (1/27)        |                    |                |                          |
| 4:30 PM  |         |                |                    |                          |                    |                |                          |
| 5:00 PM  |         |                |                    |                          |                    | Boot Camp ★    |                          |
| 5:30 PM  |         | Power Sculpt ★ | Cardio Combo ★     |                          |                    |                |                          |
| 6:00 PM  |         |                |                    |                          |                    |                |                          |
| 6:30 PM  |         | Cardio Combo ★ | Step ★             | Body Flow ★              | Cardio Combo ★     |                |                          |
| 7:00 PM  |         |                |                    |                          |                    |                |                          |
| 7:30 PM  |         | Yoga ★         | Abs, Abs, ★<br>Abs | Belly Dance              | Abs, Abs, ★<br>Abs |                |                          |

Schedule Last Updated on: January 1, 2010

Classes with ★ are available for members only at NO charge!



### Studio B

| TIME     | SUN | MON              | TUE                     | WED             | THU              | FRI         | SAT                    |
|----------|-----|------------------|-------------------------|-----------------|------------------|-------------|------------------------|
| 5:45 AM  |     |                  |                         |                 |                  |             |                        |
| 6:30 AM  |     |                  |                         |                 |                  |             |                        |
| 8:00 AM  |     |                  |                         |                 |                  | Zumba       |                        |
| 8:30 AM  |     |                  |                         |                 |                  |             | Zumba                  |
| 9:00 AM  |     |                  |                         |                 |                  |             |                        |
| 9:30 AM  |     | Jazzercise Lite  |                         | Jazzercise Lite | Body Flow ★      |             | Jazzercise Lite (1/23) |
| 10:00 AM |     |                  |                         |                 |                  |             |                        |
| 10:30 AM |     |                  | Functional ★<br>Fitness |                 |                  | Step ★      |                        |
| 11:00 AM |     |                  |                         |                 |                  |             |                        |
| 11:30 AM |     |                  |                         |                 |                  |             |                        |
| 12:15 PM |     |                  |                         |                 |                  |             |                        |
| 1:00 PM  |     | Body Recall      |                         | Body Recall     |                  | Body Recall |                        |
| 4:00 PM  |     |                  |                         |                 |                  |             |                        |
| 4:30 PM  |     |                  |                         |                 |                  |             |                        |
| 5:00 PM  |     |                  | Zumba                   |                 |                  |             |                        |
| 5:30 PM  |     |                  |                         | Cardio Combo ★  |                  |             |                        |
| 6:00 PM  |     | Pilates Mat Work |                         |                 | Bridal Boot Camp |             |                        |
| 6:30 PM  |     |                  |                         | Power Sculpt ★  |                  |             |                        |
| 7:00 PM  |     |                  |                         |                 |                  |             |                        |
| 7:30 PM  |     |                  |                         |                 |                  |             |                        |



## Indoor Pool

| TIME     | SUN | MON             | TUE           | WED             | THU           | FRI             | SAT           |
|----------|-----|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 5:45 AM  |     |                 |               |                 |               |                 |               |
| 6:30 AM  |     |                 |               |                 |               |                 |               |
| 7:00 AM  |     |                 |               |                 |               |                 |               |
| 7:30 AM  |     |                 |               |                 |               |                 |               |
| 8:00 AM  |     |                 | Wave Walker ★ |                 | Wave Walker ★ | Wave Walker     |               |
| 8:30 AM  |     |                 |               |                 |               |                 |               |
| 9:00 AM  |     | AM Jump Start ★ | AM Jump Start | AM Jump Start ★ | AM Jump Start | AM Jump Start ★ | H2O Circuit ★ |
| 9:30 AM  |     |                 |               |                 |               |                 |               |
| 10:00 AM |     | AFAP            | AFAP ★        | AFAP            | AFAP ★        | Hydro Fit       |               |
| 10:30 AM |     |                 |               |                 |               |                 |               |
| 5:30 PM  |     |                 |               |                 |               |                 |               |
| 6:00 PM  |     | Hydro Fit ★     |               | Hydro Fit ★     |               |                 |               |
| 6:30 PM  |     |                 |               |                 |               |                 |               |

## Other Location

| TIME    | PLACE                | SUN | MON | TUE        | WED        | THU         | FRI | SAT |
|---------|----------------------|-----|-----|------------|------------|-------------|-----|-----|
| 6:00 PM | Multi-Purpose Room A |     |     |            | Hatha Yoga |             |     |     |
| 7:00 PM | Gymnasium B          |     |     |            |            | Foxtrot     |     |     |
| 7:00 PM | Multi-Purpose Room B |     |     |            |            | Party Dance |     |     |
| 6:00 PM | Gymnasium B          |     |     | Jazzercise |            |             |     |     |
| 6:00 PM | Gymnasium B          |     |     |            |            | Jazzercise  |     |     |
|         |                      |     |     |            |            |             |     |     |
|         |                      |     |     |            |            |             |     |     |
|         |                      |     |     |            |            |             |     |     |

## Class Descriptions

| Member Group-Exercise<br>Members Only - No Fee ★  | Recreation Group Exercise<br>Fee Based Programs   | Aquatic Group Exercise<br>Members - No Fee ★<br>Non-Members - Must Register   |
|---|---|---|
| <b>BODY PUMP</b> by Les Mills<br>This barbell class strengthens your entire body, featuring a balance of endurance and functional strength training with weight room exercises like squats, presses, lifts and curls... | <b>Belly Dance</b><br>Involves every part of the body, isolating major muscle groups and working them in various ways. Must preregister.  | <b>A.M. Jump Start</b><br>Get your body moving early with a high energy class. Offers lots of fun and shallow water moves to improve agility, flexibility and overall fitness.                            |
| <b>Body FLOW</b> by Les Mills<br>This Yoga/Tai Chi-style exercise program builds flexibility & strength. This holistic workout combines a structured series of moves/poses that leave you calm & centered               | <b>Body Recall</b><br>Slow movements help circulation without threatening the heart. Many exercise are done from a chair. Must preregister  | <b>Arthritis Foundation Aquatic Program (AFAP)</b><br>The warmth, buoyancy and added resistance of water can help decrease pain or stiffness and help improve flexibility.                                |
| <b>Abs, Abs, Abs</b><br>This 30-minute class is designed to work on your body core. A strong torso is necessary for quality of life & prevention of injuries. Stretching is included at the end.                        | <b>Bridal Boot Camp</b><br>The fastest way to get in shape for your big day. Combines traditional strength training, group ex, mind/body and nutritional components. Must preregister.      | <b>H2O Circuit</b><br>An interval training program using the water as resistance and challenges participants through a series of different stations (cardio, strength and endurance)                      |
| <b>Boot Camp</b><br>Kick your metabolism in motion! This one hour workout combines cardio, boxing, and kickboxing moves to music. This challenging class will ignite your fat burning zone!                             | <b>Foxtrot</b><br>Still considered the most popular social dance in the world today. It is enjoyed for the ease of movement and smooth style. Must preregister                              | <b>Hydro-Fit</b><br>This medium-high intensity class is a total body workout. Develop your flexibility, core strength, muscle strength and endurance.   |
| <b>Cardio Combo/Cardio Express</b><br>This class combines various cardio styles: hi-lo aerobics basic step, kickboxing and/or cardio circuits. Sculpting exercises may also be integrated throughout the class          | <b>Hatha Yoga</b><br>Floor poses taught build upper body strength while standing poses increase core strength. You're never too old to improve flexibility. Must preregister                | <b>Wave Walker / Runner</b><br>Held in a variety of current channels, you will use the resistance of the water to build strength & give you a cardio workout & overall body toning. Recommend water shoes |
| <b>Cycling</b><br>Varying speeds, resistance levels & intensities tailored by you to meet your goals and needs. Designed to raise your heart rate, tone your lower body & improve your fitness level.                   | <b>Jazzercise</b><br>The #1 dance fitness program in the world. Geared to all ages & fitness levels. Enjoy a great workout using today's popular music. Must preregister                    |   |
| <b>Functional Fitness</b><br>This 45 min. class consists of gentle exercises and movements for adults of all ages. Slow movements will help improve your strength, flexibility and balance without injury.              | <b>Jazzercise Lite</b><br>Low impact version of Jazzercise that is great for beginners and pregnant women. Moderate aerobic dance, strength and stretching. Must pre-register.              |   |
| <b>Pilates Mix</b><br>Similar to basic mat, this class will take the principles of Pilates and carry them over into traditional muscle conditioning exercises   | <b>Party Dance Boot Camp</b><br>Don't know the first thing about dancing? Get the basics in free style and partner dancing to the most popular music. No partner required. Must preregister |   |
| <b>Power Sculpt</b><br>Tone and tighten to look lean and more defined. This class uses a variety of equipment, to sculpt your entire body.  | <b>Pilates Mat Work</b><br>Total body conditioning, combined flexibility and strength with both Eastern and Western techniques. Must pre-register   |   |
| <b>Yoga</b><br>Beginners and intermediates benefit in flexibility, posture and balance. Wear loose, comfortable clothes and enjoy the many benefits of yoga.  | <b>Zumba (ZOOM-ba)</b><br>This is a intense dance aerobics workout with pulsating Latin music. Class focuses on dance steps and ab workout while dancing. Must preregister.                 |   |
|   |   |   |
|   |   |   |

Group Exercise Studio  
schedule on reverse



**Green Ridge Recreation Center**  
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